

Non-Pharmacologic Therapies

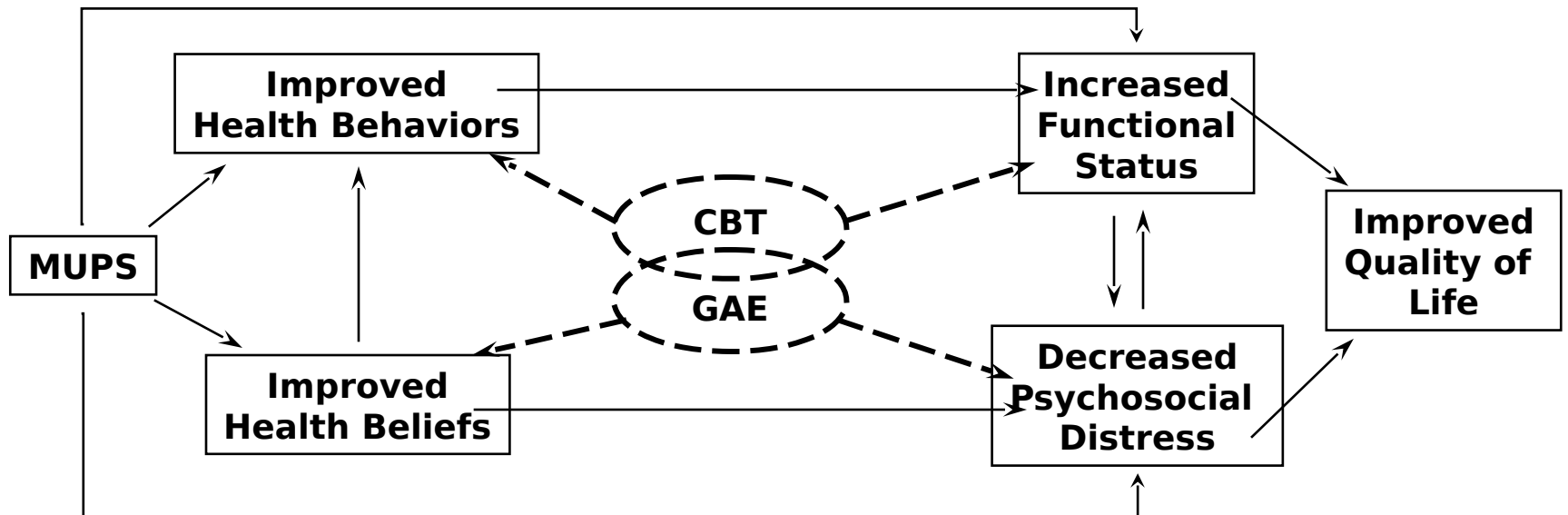
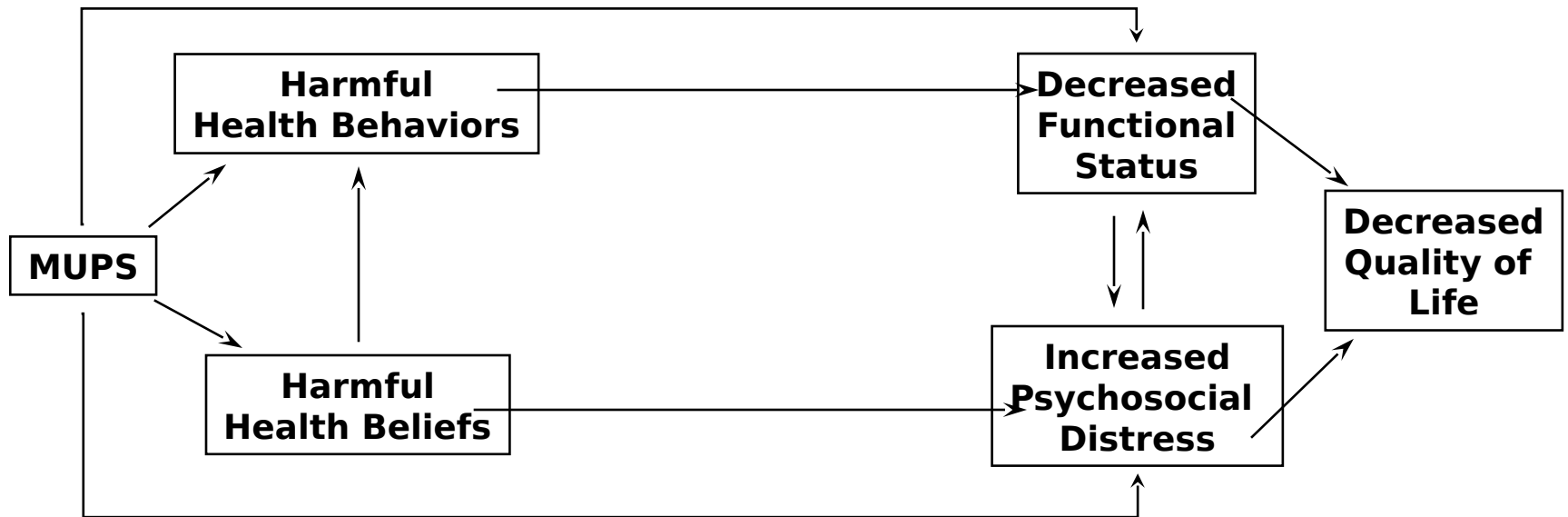
**for medically unexplained
symptoms**

Dr. Engel

Maximum Benefit

cognitive behavioral therapy

graded aerobic exercise



What is *Cognitive-Behavioral Therapy* (CBT)?

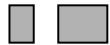
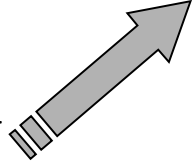
- **not medically curative**
- **targets factors that perpetuate disability**

Unexplained Symptoms The Patient's Initial Model

"...so I feel bad..."

Symptoms

Illness



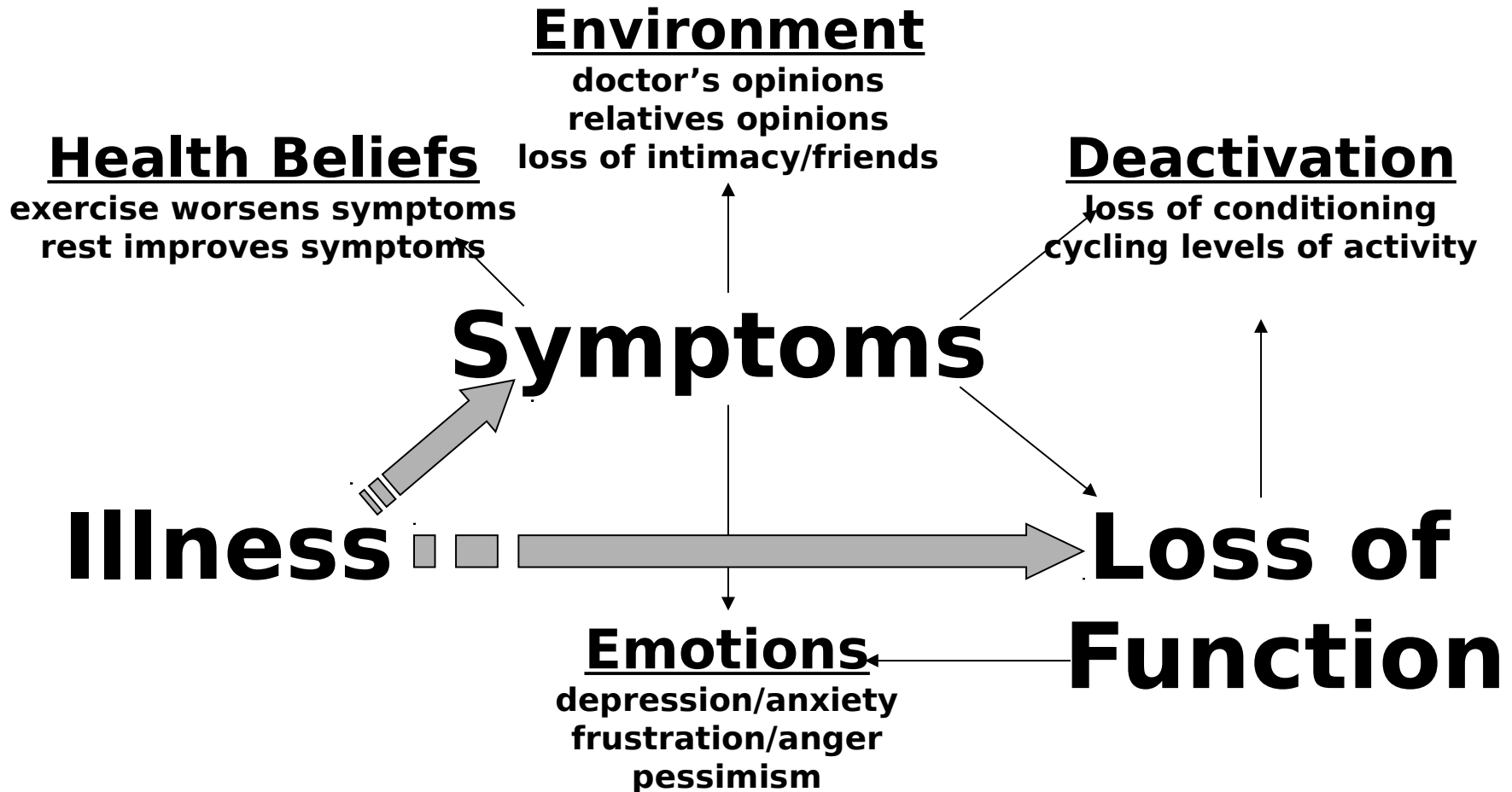
**Loss of
Function**

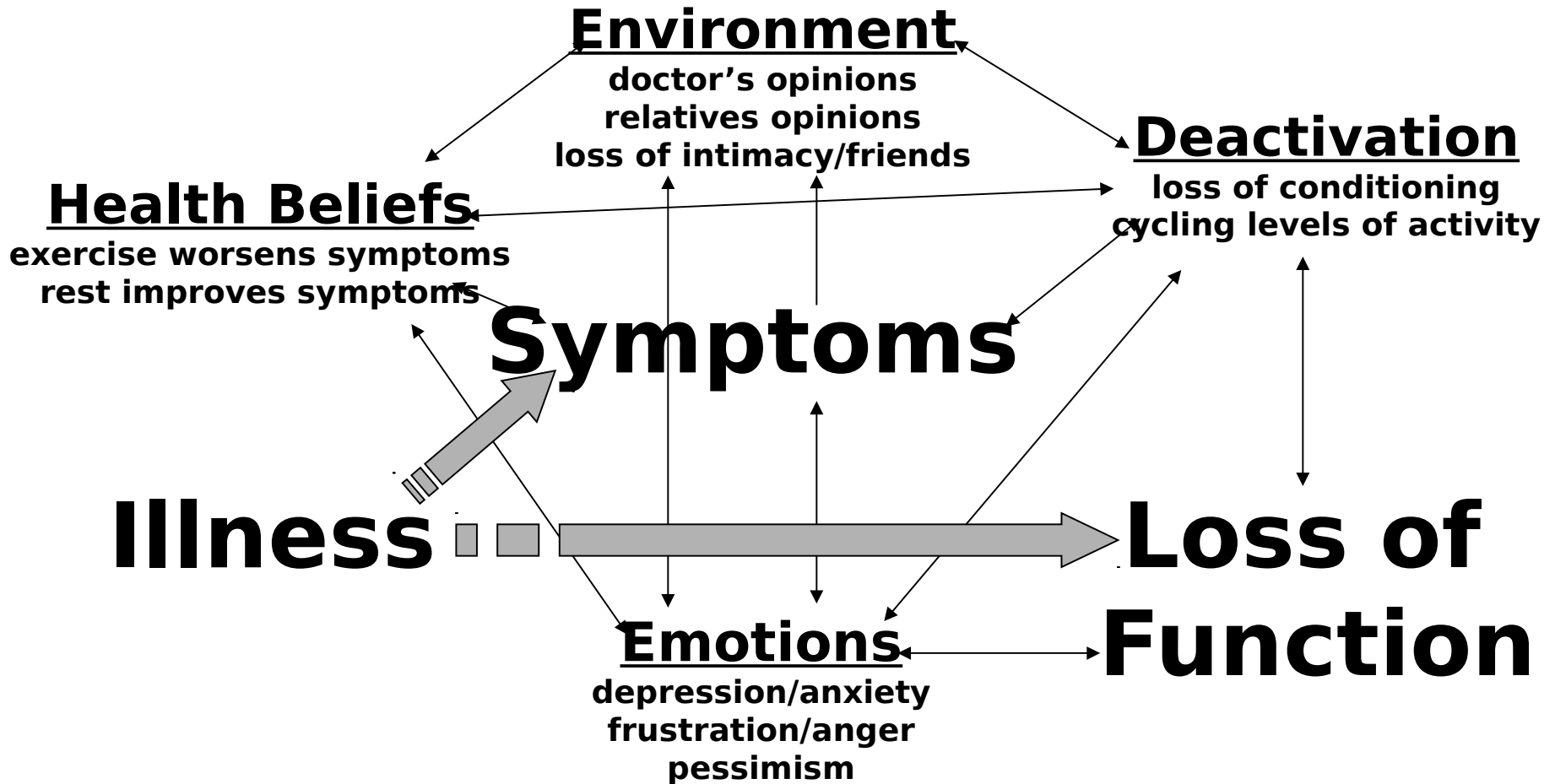
[cause] made me sick..."

"...and I can't [activity]"

Unexplained Symptoms

Expanding The Model





A Reverberating System

The factors determining prognosis among chronic illnesses are more complex than those that cause the illness.

Common Cognitive Components

- **examining assumptions**
 - **about pathogenesis**
 - **about appropriate management**
 - **about prognosis**
- **problem solving strategies**
- **relaxation strategies**
- **early symptom-recognition**

Common Behavioral Components

- **behavioral activation strategies**
- **sleep hygiene**
- **leisure activity planning**
- **memory management skills**
- **goal setting**
- **relapse prevention**

What is *Graded Aerobic Exercise*

- **IT'S NOT: airborne physical training**
- **IT IS: a program of gradually increasing physical activity -- usually involves leisure activities rather than “aerobics” per se**
- **guideline describes a sample program**

Possible Benefit

relaxation response training

therapeutic massage

acupuncture

stretching

biofeedback

hypnosis

chiropractic

Possibly Harmful

Bed Rest

Disabling Process

